



**CRUNCH OFF 2023 is any date of
your choice in October**

[Register](#)

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Come on Nebraska Let's CRUNCH!

Join Team Nebraska to celebrate October Farm to School month, promoting local seasonally available produce by biting into a local apple, or other crunchy fruits or vegetables during any date of your choice in October. Nebraska is participating in the Mountain Plains **Crunch Off**, an eight-state competition (CO, KS, MO, MT, ND, SD, and WY).

The state with the most crunches per capita is crowned the champion. Nebraska is the 2019, 2020, 2021, and the 2022 Mountain Plains Region Crunch Off champion and is looking to defend the title again!

The **Crunch Off** event encourages healthy eating, supports local agriculture, and helps students and community members gain a deeper understanding of the food system.

Create a Crunch Team or register as an individual. Join schools, early childhood institutions, farmers, community members, businesses and local food enthusiasts to celebrate Farm to School Month. Anyone can Crunch but you must register to be counted.

Visit the [Nebraska Crunch Off](#) webpage and [Farm to School Month](#) webpage for tons of resources to celebrate the Crunch Off and Farm to School Month.